UMaine: What You Need to Know
Our schedule for today:

+ Residence Life
+ Academics
+ Emergencies Contact Information
+ Counseling Center: Changes/Transitions
+ Student Wellness
+ Getting Involved
+ First-Year and Transfer Center
+ Maine Hello and Fall Welcome Weekend
+ Contact Info
+ Questions
Who We Are

Katie Taylor, Assistant Director for the First-Year and Transfer Center
Andra Bowen, Associate Director of Residence Life
Sara Henry, Director of Student Accessibility Services
David Fiacco, Director of Community Standards, Rights and Responsibilities
James Hiers, Alcohol and Drug Educator, Student Wellness Resource Center
Ben Evans, Coordinator for Campus Activities
Chuck McKay, Staff Clinician, Counseling Center
Amy Moran, Staff Psychologist, Counseling Center
Residence Life

Residence Life: Andra Bowen
Residence Life – Who we are

+ 6 full-time, professional staff (5 of whom live in the halls)
  + Masters level education focused on working with college students

+ 9 part-time, graduate assistants (all of whom live in the halls)
  + All working towards Masters in college student development

+ 89 Resident Assistants
  + Undergraduate students
  + Front-line for the students
  + Who your student will most likely go to first with any issue
Residence Life - What We Do

We help your student...
- ...live away from home
- ...share a living space
- ...meet people
- ...get involved
- ...solve problems
- ...when there’s an emergency
- ...if your student is in crisis
- ...WHENEVER THEY NEED HELP!
  + On call coverage 24/7 when classes are in session

Maintain a positive, safe, fun, welcoming community

We are not the Housing Office, but we work closely with them!
On the Subject of Roommates...

- Living with a roommate is not always simple
  - First time sharing a space
  - Assumption of being best friends
  - Each person’s version of “normal” is different

- It takes some negotiating... and we’re here for that
  - Required roommate contracts
    - Guests, noise, sharing, communicating, bed time, etc.
  - Roommate mediation
    - Guided conversation facilitated by hall staff
  - Room changes
    - Are a last resort... but always a possibility

Guests are not allowed for the first two weeks and last two weeks of any semester!
On Making Friends

- Making friends is not easy for everyone
  - Some come with an established friend group
  - Many assume that everyone already has friends

- Encourage your student to put themselves out there!
  - Pop into a neighbor’s open door
  - Say hi to the person sitting next to you in class
  - Get to know your lab partner
  - Go to programs and events
  - Hang out in the study lounge
  - Join a club or organization
  - APPLY TO BE AN RA!!!!
SHAMELESS PLUG: BE AN RA

Qualifications
- Rising sophomore
- 2.5 GPA or better
- 2 semesters of on-campus living
- In good standing with the Office of Conduct...

Benefits
- Free single room
- Free unlimited board plan
- Lots of great leadership experience, memories, etc.
- (but I probably had you at free room and board)

First year students can apply beginning in December of 2019 for placement in Fall of 2020
Important Dates

- **Friday, August 30, 2019 at 8:00am**
  - Halls open for Maine Hello!
- **Friday, December 20, 2019 at 5:00pm**
  - Halls **CLOSE** for Semester Break!
- **Sunday, January 19, 2020 at 10:00am**
  - Halls re-open for Spring Semester!
- **Friday, March 13, 2020 at 5:00pm**
  - Halls **CLOSE** for Spring Break!
- **Sunday, March 22, 2020 at 10:00am**
  - Halls re-open for more Spring Semester!
- **Friday, May 8, 2020 at 5:00pm**
  - Halls **CLOSE** for the summer!

*Continuous Halls do not close for breaks during the academic year. These halls include Knox, York, Kennebec, DTAV, and Patch*
Talk to your student!

- About their expectations for their roommate situation
  - How they may have to compromise
  - How will they communicate when there is an issue

- About speaking up for themselves
  - When to ask for help
  - Do not wait until it is too late/already a crisis
  - We can’t fix a problem if we don’t know it exists!
Academics at UMaine

Student Accessibility Services: Sara Henry
Understanding FERPA
(Federal Education Rights and Privacy Act)

- Families not given automatic access to student records
- Student can sign “Student Consent to Release Information Form”
  - Kept on file at Office of Student Records
  - Also called the “FERPA waiver” or “consent form”
- Families not given access to students’ online accounts
- Some information cannot be released
Academic Expectations

- Syllabus for each course outlines expectations for that course
  - Breakdown of the grading
  - Attendance policy
  - How to contact the instructor(s)
  - Books or other materials required for the class

- Academic dishonesty policy- on all syllabi and in the handbook

- Accommodation statement informs students with IEP, 504 Plan, chronic illness or other disability about Student Accessibility Services
How to Succeed in College - Academics

+ Study location; your student should find a place that works
  + Don’t assume it will be residence hall room

+ Studying and review in college different
  + Faculty do not always cover all the material in class that will be on tests
  + Many students don’t anticipate the amount of reading required or allocate sufficient time to read texts. Typically students should spend 2 hours outside of class studying for every one hour in class
  + Students should treat school like a full-time job; put in 40 hours/week
What to Discuss with your Student

+ Your expectations of them regarding class attendance
+ Your expectations of their priorities at school
  + Studying, getting involved, working, etc.
+ What academic changes they need to let you know about
  + Changing majors, dropping classes, etc.
+ If you expect them to get help when struggling
+ If you expect them to graduate in 4 years
+ If you want them to talk to SAS or use accommodations
Campus Safety and Security

Student Life: Dave Fiacco
Safety and Emergency Situations

- Emergency information will be published on the main page of the UMaine website
- Emergency alert system sends out texts and emails
  - If your student signs up for this service, you can, too
  - Sign up here: [https://umaine.edu/emergency/](https://umaine.edu/emergency/)
- Weekly testing of audible alarms
UMPD and UVAC

- **UMPD-** University of Maine Police Department
  - (207) 581-4040

- **UVAC-** University Volunteer Ambulance Corps
  - Reached via 911 or UMPD
  - Cell phone calls routed through Penobscot dispatch or Maine State Police

- **Clery Report-** statistics about all campus crimes
  - Found at umaine.edu/clery
Code of Student Conduct & Guide to Campus Living

+ Office of Community Standards, Rights and Responsibilities (OCSRR) oversees all conduct cases for the campus

+ If UMPD responds to a situation they can refer them to OCSRR and/or give them a summons

+ Guide to Campus Living - policies specific to students in the residence halls to help maintain a safe and comfortable community
  + Noise policies, guests policies, etc.
Sexual Assault & Violence Prevention

Title IX Student Services
- Deputy Title IX Coordinator, Elizabeth Lavoie, 207-581-1406
- Educates the campus and students about their rights and responsibilities
- Involved in all cases involving sexual assault, sexual harassment, domestic violence, stalking, discrimination, etc.

Most UMaine employees are mandated reporters

Confidential resources:
- Counseling Center
- Rape Response
- Partners for Peace
- Health Center
When we will contact you

- Health and Safety Exception to FERPA
- Repeat conduct case offenses
- Higher-level conduct case offenses
Contacting Us After Hours

After business hours and on weekends:

- UMPD is on 365 days a year
- Anyone you need to speak with can be reached through UMPD
  - Dean or other staff on call
  - Counselor
  - UVAC
- UMPD: (207) 581-4040
Off to College! Hooray! (Well…)

- The whole family is affected when a young adult heads to college. *Emotions are high*…
- Parents and students are at different stages of development. They are *Emerging Adults*…
- They need to successfully *separate* from you.
- Your job is to assist and *allow* that to happen.
- Developing into an adult in a *complex* world is complicated and difficult.
<table>
<thead>
<tr>
<th><strong>DO</strong></th>
<th><strong>DON’T</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Listen more than talk</td>
<td>Take over and talk</td>
</tr>
<tr>
<td>Ask open ended questions</td>
<td>Act like you know everything</td>
</tr>
<tr>
<td><strong>Appreciate</strong> (3 to 1 ratio) more than criticize</td>
<td>Criticize more than appreciate</td>
</tr>
<tr>
<td>Be at ease – show <strong>patience</strong> and love</td>
<td>Be controlling</td>
</tr>
<tr>
<td><strong>Encourage</strong> – help them think through options and decisions</td>
<td>Tell them what to do</td>
</tr>
<tr>
<td>Honor and inquire about <strong>feelings</strong></td>
<td>Avoid or shut down feelings</td>
</tr>
<tr>
<td>Be open to <strong>changes</strong> <em>(they will happen)</em></td>
<td>Deride changes <em>(change is inevitable)</em></td>
</tr>
<tr>
<td>Be clear about your expectations</td>
<td>Assume they know your expectations</td>
</tr>
</tbody>
</table>
A Few Other Things We’ve Learned

- Most students get **homesick** - most adapt with time
- Students want to know they still have a **home** - don’t turn their room into a den
- When parents express a lot of worry about finances, or other things, students can begin to feel like a **burden**
- Most students **worry** far too much about getting a job in the future
- **Trust** that a good education will lead to a good job, even if it’s not a STEM degree
Counseling Services

- Usually **short term**, every other week (4-5 sessions avg.)
- Counseling is **free** to full time students
- Counseling is **confidential**. We are obligated by law to not share information
- First point of entry is a brief **phone interview**
- **Group** counseling can be most effective for college students
- **Referrals** are made when needs fall beyond our resources
- **Psychiatric service** is referred to community resources
- **On call consultation** is available for crisis on nights and weekends through UMaine Police at (207) 581-4040.
Counseling Center’s
Office of Outreach, Education, and Prevention

+ **Mind Spa**
  + Memorial Union (by the ATMs)
  + Open M-F, 11-4:30
  + Drop in
  + Connect
  + Learn skills
  + Library
  + Sun lamps
  + Biofeedback equipment

+ **Daily Programming**
  + Information Sessions
  + Ted Talk Discussions
  + Mind-Body Skills (biofeedback, meditation, yoga)
  + Workshops (anxiety management, basic and advanced mindfulness skills)
Family Summer Reading List

- *The Stressed Years of Their Lives* by Anthony L. Rostain and B. Janet Hibbs
- Emerging Adulthood Resources - [http://jeffreyarnett.com/articles.htm](http://jeffreyarnett.com/articles.htm)
- *The Happiest Kid on Campus* by Harlan Cohen
- *You're On Your Own - But I'm Here If You Need Me* by Marjorie Savage
- *The Empty Nest: 31 Parents Tell the Truth About Relationships, Love and Freedom After the Kids Fly the Coop* by Karen Stabiner
- Online source to support emotional health at college for Parents AND Students - [www.TransitionYear.org](http://www.TransitionYear.org)
- You can find us online: [https://umaine.edu/counseling/](https://umaine.edu/counseling/), FB, Twitter, Instagram, Snapchat
Student Wellness
Student Wellness Resource Center: James Hiers
What We Do

+ Peer Education
+ Leadership
+ Alcohol, marijuana, & other drug education
Substance Use

- Campus Violations
  - Parents may or may not find out
  - May or may not get a summons
- Confidential Counseling
  - Court mandated
  - Self-referrals
- Hospitalizations
SWell Resources

- Black Bears for Recovery
  - Al-Anon meetings on campus each week
  - 12 Step Meeting each week
- Non-Drinkers and Smokers
  - Substance-Free Housing
- Hazing Prevention
Expectations

Discuss yours. Ask theirs.

- Should they tell you if they get in trouble?
- Drinking & Smoking
- Spending money
Care Packages
What Predicts College Student Success?

+ Students who ______________________ do better than students who don’t
  + Behavior #1 - Go to class
  + Behavior #2 - Talk to faculty outside of class
  + Behavior #3 - Get involved on campus
Defining Involvement

Involvement includes:

- Student employment
- Community Service/volunteering
- Student organization participation

Academics help Involvement

- When in balance, involvement supports academic success
- More time commitments tend to help students budget their time more effectively
- Additional obligations get students better connected on-campus
The Importance of Connection

- Of the students who will not graduate from the University, the majority will leave before the start of their sophomore year.

- Why they leave:
  - Not ready for college
  - Transfer to be closer to home, for financial reasons, or for a different academic program
  - Not feeling connected
How We Generate Connections

+ Our goal is total immersion for your student
  + Involved with academics
  + Involved in the residence halls
  + Involved in a club or activity

+ We bring the event to them!

+ Host events that the students are interested in

+ Home to 200+ student organizations
Employers consider a degree the starting point for assessing candidates. Employers are looking for candidates who have learned:

- Teamwork
- Decision making skills
- Problem solving skills
- Verbal communication skills
- Planning, Organizing, and Prioritizing
- The ability to appropriately influence others
- Leadership skills
Ways to Get Involved

- Over 200 organizations on campus
  - Academic, professional, & honorary
  - Multicultural
  - Religious/Faith
  - Greek Life and Philanthropy
  - Fine and Performing Arts
  - Residence Halls – Complex Councils, Residence Hall Association, National Residence Hall Honorary
  - Large Scale – Student Governance, Campus Activities Board, WMEB, Maine Campus, Dance Marathon
How to learn about upcoming events

- Check the News Flush
- Check social media
- Visit Campus Activities Office
- Attend other events
So What Types of Events Do You Have??

General Knowledge
Q: Where can students be picked up to participate in CA$H CAB?
A: Residence Halls
B: Academic Buildings
C: Dining Halls
D: Walking to Class
E: All of the Above

Catch a ride. Answer Q's. Win prizes.

Student Organization Fair
WEDNESDAY, SEPTEMBER 4TH, 2019
Family and Friends Weekend

JOIN YOUR BLACK BEAR AT HOME FOR

FAMILY & FRIENDS WEEKEND!

SEPTEMBER 20–22
REGISTRATION IS NOW LIVE!
UMAINE.EDU/STUDENTLIFE/FAMILYANDFRIENDS
GET IN TOUCH WITH US!

@UMaineCampusActivities
@UMaineCampusActivities
um.getinvolved@maine.edu

umaine.edu/case
The First Year and Transfer Center

Our main goal:
- To help your student connect to UMaine and to be successful

We address first-year and transfer student concerns
- Understanding university policies
- Helping students advocate for themselves, being student advocates
- Connecting students to resources, clubs, staff, peers, etc.
- Questions/concerns from parents, instructors, advisors, etc.

While our main focus is first year and transfer residential students, we will help anyone, including commuters

Located on the first floor of the Union - easy access for everyone!
Commuter Student: Any student not living in the residence halls

Commuter and Non-Traditional Student Programs Office

Located in the Union: Wade Center

Staff available all day to answer questions

Free coffee and tea, use of microwave, toaster and fridge

Way to connect with other students

Also here for you

First-Year/Transfer Student Parent and Family Newsletter

E-mail um.fytc@maine.edu to be added to the list if you did not already sign up today at the Residence Life table
Academic Help and Resources

+ Many sources of help available to UMaine students who seek out assistance
  + Examples: Tutor Program, Math Lab, Writing Center, Economics Lab, Physics Learning Center, Computer Science Lab, First Year Center, etc.

+ Tutor Program Academic Resource has information about many sources of assistance
  + umaine.edu/tutorprogram/academic-resources/
Q&A

+ Parent & Family Program
+ [umaine.edu/studentlife/parents-and-family](http://umaine.edu/studentlife/parents-and-family)
+ (866) 430-7546
+ parent.inquiries@maine.edu

+ Parent and Family Newsletter
  + um.fytc@maine.edu
Maine Hello! and Fall Welcome Weekend

- Student athletes with a pre-season, or pep band members
  - Information will come from the program organizer/coach

- Participants in the Biology Schoodic, OPTIONS trip, or other trips
  - Information will come from your trip organizers
  - Encourage families to come on Friday for full move-in experience

- New Commuter Student Welcome Day is Thursday, August 30

- New students move in on Friday, August 30 (Maine Hello!)

- Fall Welcome Weekend Friday, August 30-Monday, September 1

- Classes begin Tuesday, September 2
Tomorrow 10:00-11:00 am
Wrap-Up and Q&A

+ Housing Services (contracts, assignments)
+ Parking Services (on-campus parking, public transportation)
+ Tutor Program (tutoring and other academic help on campus)
+ Student Accessibility Services (students with IEPs or 504s)
+ Financial Aid, Bursar’s Office, Student Employment (all things $ related)
+ Residence Life and First Year Experience
+ Student Life representative (conduct, service, clubs, Vets, and more)
+ Auxiliary Services representative (dining, health center, bookstore and more)
Q&A

FIRST DAY OF SCHOOL

FIRST DAY OF COLLEGE
<table>
<thead>
<tr>
<th>Service</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus Activities</td>
<td>149 Memorial Union</td>
<td>(207) 581-4183</td>
</tr>
<tr>
<td>Counseling Center</td>
<td>125 Cutler Health Center Building</td>
<td>(207) 581-1392</td>
</tr>
<tr>
<td>First-Year and Transfer Center</td>
<td>145 Memorial Union</td>
<td>(207) 581-1420</td>
</tr>
<tr>
<td>Student Wellness</td>
<td>235 Memorial Union</td>
<td>(207) 581-1423</td>
</tr>
<tr>
<td>Resource Center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Life Office</td>
<td>315 Memorial Union</td>
<td>(207) 581-1406</td>
</tr>
<tr>
<td>Dean of Students Office</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student Accessibility Services</td>
<td>121 East Annex</td>
<td>(207) 581-2319</td>
</tr>
</tbody>
</table>